

HIGHLIGHTS

August 2003

A Children & Youth Services Newsletter for Volunteers & Mentors of CYS-Project Together

Vol. XVIII, No. 8

For Your Information...

SAVE THESE DATES!

Mentors and mentees will have a first-hand opportunity to view the latest California "surf and sun" fashion when they tour the Pacific Sunwear Distribution Center for a very special CYS-Project Together outing at 11 a.m. on Saturday, August 30 in Anaheim.

Summer is not officially over until September 23, so plan on celebrating the end of summer at the annual CYS-PT Picnic on Saturday, September 13. Again, Mile Square Park will be the site for fun, food, games and camaraderie.

Mentors are also asked to reserve Sunday, December 14 as a special holiday outing hosted by the Huntington Beach Elks Club.

More information on all of these events will be in your mailboxes soon.

MENTORING SUPPORTERS HONORED

Four of America's most dedicated supporters of youth mentoring programs and activities were honored recently in New York City. NBC News Anchor Tom Brokaw, actor and activist Tom Cruise, Bank of America Chairman and CEO Kenneth Lewis, and Ernst & Young LLP chairman James Turley, received Excellence in Mentoring Awards from the MENTOR/National Mentoring Partnership. For more information on these awards, or other national mentoring issues, please visit www.mentoring.org.

Mentor Spotlight

Mentor Helps Teen Build Self-Esteem Through Activities

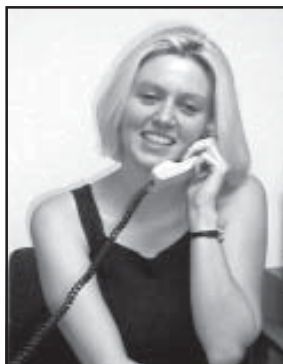
Nearly one year ago, Kimberly Bird discovered the Children and Youth Services-Project Together mentoring program on the County of Orange website. Recently laid off from her job and determined to spend her time accomplishing something worthwhile, she reasoned that "mentoring seemed the most logical thing to do. I had the time, patience and tenacity, and I wanted to make a difference," said Kim.

Today when asked what she is doing with her time, Kim's emphatic reply is "we are very busy." Referring to the 14-year-old girl Kim has mentored for the past nine months, she says the two of them have experienced many of the cultural, community and entertainment venues Orange County has to offer. Utilizing the resources available on the Internet, Kim is always prepared for each outing with several teen-appropriate activities the two can enjoy together.

In the beginning, Kim learned from the child's therapist that her match was very shy, quiet, indecisive and unwilling to try new things. "Before each outing, I would show her four or five different activities and ask her to select what she would like to do for the day," said Kim. "At first, she would say 'whatever you want to do is fine.' I also had to be the one to initiate a conversation when we were in the car." However, after a few weeks, Kim began to notice a change

and was impressed when her mentee began to instigate a conversation.

Now the girl is willing to state what she wants or doesn't want to do. She is able to give honest feedback, be more decisive and frequently initiates conversations. She has also begun to ask questions about college. Kim is particularly pleased that the teen is willing to try new activities. For example, recently they attended a theatrical play together. The youth was able



to tell Kim that while she didn't enjoy the play, she was happy to have been given the experience.

"Kim has done a great job involving the young girl in decision making and encouraging her to make a choice without seeking constant approval," according to Selene Tlaxcala, the teen's therapist at Child Guidance Center. "The youth seems more optimistic and confident. This is a successful match."

Although they often spend quiet times together, they have also sought out adventure. "I can honestly remember something about every visit. She is just so fun to be around," notes Kim.

During this past year, Kim has come to realize how her original goal of "making a difference" has come to fruition in a positive way. She has also come to realize that another person has made a difference in her life as well.

Sunney Shin, CYS-Project Together Regional Volunteer Coordinator, North Region, contributed information for this article.

INSIDE . . .

Calendar of Events Page 2
Is Three a Crowd on a
Mentor Outing? Page 3

AUGUST 2003

Calendar of Events

The CYS-Project Together Calendar is a collection of affordable, fun, wholesome and interesting events that can be enjoyed by children, teens and adults. To submit an item for the calendar, please call (714) 796-0100.

***Mentors may use Harbors Beaches & Parks passes for entry and parking at County of Orange facilities. Special events may have an additional fee.**

Friday, Aug. 1 Just for Kids

Pearson Park Amphitheatre
401 N. Lemon St.
Anaheim
(714) 765-5274

Pete Manyhorses and Friends will present Native American dancing and drumming.

Time: 7 p.m.
Cost: Adults \$2
Seniors & Children under 12 \$1

Saturday, Aug. 2 Naturalist Walks

Upper Newport Bay Reserve*
2301 University Dr.
Newport Beach
(714) 973-6820

Join the naturalist at Shellmaker Island for a nature walk around the bay. No reservations required.

Time: 9 a.m.
Cost: Free

Saturday, Aug. 2 Nature of the Night Star Program

Riley Wilderness Park*
30952 Oso Pkwy.
Coto de Caza
(714) 796-0121

View the crescent moon and the summer Milky Way with an astronomer. If you have a telescope, bring it and you will be shown the best way to use it on the sky.

Time: 8-10 p.m.
Cost: \$4 (parking included)

Sunday, Aug. 10 San Clemente Street Festival

Avenue Del Mar
San Clemente

This event features food and game booths sponsored by non-profits, three stages of continuous live music, contests for all ages, a Salsa Challenge, arts and crafts, kiddie rides, classic car and motorcycle show and face painters. The Fiesta 5000 5K Run/Walk/Stride starts at 8 a.m. and fair opens at 9.

Time: 9 a.m.
Cost: Free

Saturday, Aug. 16 Night Hike II

Riley Wilderness Park*
30952 Oso Pkwy.
Coto de Caza
(714) 796-0121

This hike is back by popular demand. The ranger takes participants on the trails to observe the wildlife roaming the park on the night shift. Bring a flashlight and wear sturdy shoes.

Time: 8-10 p.m.
Cost: \$4 (parking included)

Thursdays, Aug 7-28 Noon Concerts Downtown Anaheim Certified Farmers Market & Craft Fair

Center Street Promenade & Lemon
Anaheim
(714) 956-3586

Time: Noon
Cost: Free

Saturday, Aug. 23 Tour of Heritage Hill

Heritage Hill Historical Park
25151 Serrano Rd.
El Toro
(949) 923-2230

Join a volunteer docent in a costume of early California for a guided tour of the park's four historical buildings.

Time: 11 a.m. and 2 p.m.
Cost: Free

Wednesdays Through Aug. 27 Concerts in the Park

Hart Park
701 S. Glassell
Orange
(714) 744-7278

Time: 7 p.m.
Cost: Free

Friday-Sunday Aug. 29-30 Orange International Street Fair

Orange Plaza
Chapman & Glasell
Orange
(714) 283-3766

The first street fair in Orange was held in 1910 and it became a popular tradition when it was revived in 1980. The event features food, entertainment and community organization information booths.

Time: Friday 5-10 p.m.
Saturday & Sunday
10 a.m.-10 p.m.
Cost: Free

Thursdays Throughout August Nature Nights

Oak Canyon Nature Center
6700 Walnut Canyon Rd.
Anaheim Hills
(714)998-8380

Entertaining and educational programs are held Thursday evenings in the outdoor amphitheater.

Time: 7 p.m.
Cost: Free

Tuesdays & Thursdays Reading Club

Tustin Family & Youth Center
14722 Newport Ave.
Tustin
(714)573-3370

Children take turns reading and sharing their favorite stories.

Time: 4-5 p.m.
Cost: Free

Mentoring Tips and Tidbits

Is Three a Crowd on a Mentor Outing?

Does this scenario sound familiar? A mentor picks up his or her mentee for a Saturday afternoon outing and notices that the child's younger sister or brother is in tears. Mom tells the mentor that the mentee's sibling has been crying all morning and desperately wants to go along on the outing. What do you do?

Even if you manage to gracefully explain why it is not in the mentee's or sibling's best interest to change your original outing plans, the question remains, when is it appropriate to bring a mentee's sibling or parent or a mentor's friend, child or spouse along on a mentor outing?

Because the mentor is assisting the child to reach his or her therapeutic goal, as a rule, we strongly suggest that the relationship between the child and mentor remain on a one-to-one basis. Trusting relationships take time to build and grow. The introduction of a third party in the relationship could divert attention away from the child, causing the child to feel left out and ignored. As the relationship develops, the child's therapist can provide further direction and advice on this topic.

The following guidelines may provide further direction regarding the inclusion of a third party during a mentor/match outing.

- The CYS-Project Together mentor program uses the one-on-one mentoring format. When working individually with a child or teen, a mentor is more likely to gain the trust of the mentee, an element necessary to achieve the desired goals established by the therapist at the beginning of the mentoring relationship.
- Weekly planned outings give a mentor and his or her mentee an opportunity to get to know each other. It is also an occasion for the mentor to dedicate time to that child or teen to explore activities that encourage the continued development of the youth. If a third party enters the relationship, it should occur ONLY if the youth's therapist has pre-approved the arrangement.
- Ask the supervising therapist and volunteer coordinator for assistance if the mentee's parent or guardian insists that a sibling join a mentor outing.
- The parent or guardian must complete a "Special Event Permission for Sibling" form each time a sibling joins a mentor/match outing.
- In addition to receiving approval from the therapist, friends or spouses of the mentor must be background screened prior to accompanying a mentor and child on any outing.
- Children of the mentor should never participate in a mentor/match outing.

Mentoring Matters

WELCOME NEW MENTORS

North	Daria Domin Christine Helwich Urvashi Iyer Shannon Watson
South/ Costa Mesa	John Alexander Kristen Langston Vy Nguyen Ada Reveles
South/Laguna	Chona Boretti Mark Marshall Kevin Truong
East	Theresa Nakagawa Cindy Rico
West	Jolene Sagan Valerie Nguyen
Aspen	Kaneta Allen Marci Ellingson Natasha Rodriquez

WELCOME NEW VOLUNTEERS

East	Cathleen Berry Shana Inspektor Brandon Roth
-------------	---

THANKS TO THOSE WHO HAVE MOVED ON

North	Diana Huijsmans
South/Laguna	Robert Isaac Jaimee Johnson
East	Tom Healey Robin Jordon
West	Sarah Reineer Douglas Voorhees

HAPPY BIRTHDAY

Marie Debor	8/1
Barry Sohl	8/6
Julia English	8/12
Delmer Galdamez	8/20
Catherine Navetta	8/20
Stacie McKenzie	8/25
Grace Passage	8/30
Micah Schiesel	8/30
Daria Domin	8/31

There's More Than One Way to Hug a Child...

The staff and clients of Children and Youth Services (CYS) and CYS-Project Together deeply appreciate the wonderful support provided by many local businesses and organizations. Our affiliation with the Mental Health Association of Orange County allows us to accept and distribute community resources that are an important asset in the therapeutic process for all the children we serve. Each month, we extend our thanks and give recognition to our caring donors.

American Sewing Guild
Fullerton

Angel Booster Club
Lake Forest

Claim Jumper
Irvine

D.O.V.I.A.
Directors of Volunteers
in Agencies
Orange County Chapter

Hyma Muppa
Costa Mesa

Statek Corporation
Orange

Tone Software
Anaheim

Ozgun Tumer
Brea

The Back Page



READY, SET, GO...

(To the CYS-PT Picnic September 13)

Hot dogs, hamburgers, relay games, crafts and lots of fun are again on the agenda for an enjoyable day at Mile Square Park on Saturday, September 13. The Annual CYS-Project Together Mentor/Match Picnic promises to be a fun-filled day for all. Flyers with complete information will be in the mail soon.

HIGHLIGHTS

A Children and Youth Services Newsletter for Volunteers & Mentors of CYS-Project Together

August 2003

Vol. XVIII, No. 8

Published by:

County of Orange Health Care Agency/Behavioral Health Services

Children and Youth Services/*Project Together*

405 W. 5th St., Suite 436

Santa Ana, CA 92701

(714)796-0100

www.ochealthinfo.com/behavioral/cyspt

CYSPT@hca.co.orange.ca.us

Central Staff

Sharon Modaff, Service Chief

Nancy Robins, Program Supervisor I

Martha Murphy, Volunteer Coordinator (714)796-0121

Peggy Evans, Volunteer Coordinator (714)796-0117

Central Office (714)796-0100

Volunteer Coordinators/Resource Specialists

East Veronica Chavez (714)480-6756

North Sunney Shin (714)577-5422

South/Costa Mesa Jonathan Schiesel (714)850-8444

South/Laguna Lee Boon (949)499-8614

West Diane Prescott (714)896-7570

Aspen Adrienne Davalos (714)565-2830

The Health Care Agency/Behavioral Health Services/Children and Youth Services provides mental health treatment for emotionally and behaviorally disturbed youth and their families throughout Orange County. CYS-Project Together is a volunteer mentor program for CYS children and teens. The program also offers supportive resources to clients and families to assist them in achieving treatment goals. The program operates cooperatively with its community partner, the Mental Health Association of Orange County.



County of Orange Health Care Agency
Behavioral Health Services/Children & Youth Services

CYS-Project Together Highlights

405 W. 5th Street, Suite 436

Santa Ana, CA 92701

Address Correction Requested

